

Start a Music & Memory Program in Your Facility!



MUSIC & MEMORYSM is an innovative program that brings personalized music to residents of long-term care facilities. Music & Memory offers a certification program that trains long-term care staff, caregivers and family members by teaching them how to create and provide personalized playlists using iPods. The hours invested to create a personalized music program are paid back as residents are more able to enjoy life, and staff regain valuable time for person-centered care.

The Healing Power of Music

By hearing songs with deep emotional connections to their past, people with Alzheimer's and other dementias can reconnect with loved ones and the world around them. Music can also help reduce the overuse of antipsychotic medications while improving the quality of care provided to over 7,000 nursing home residents in Texas with Alzheimer's and other related dementias.

The Music & Memory program will offer certification for the state's 432 nursing homes in three phases, with Phase III to be completed by 2018.



View *A Story of Hope*, featuring one of the initial 32 participating facilities at youtu.be/wjSVY3kf9S8.

Participating facilities will:

- Reduce reliance on antipsychotic and anti-anxiety medications.



- Reduce agitation and sundowning.
- Enhance engagement and socialization, and foster a calmer social environment.
- Improve staff engagement and morale.
- Improve quality of life for nursing facility residents.

HHS is studying the outcomes of the program and will release a report on the findings.

Research

In 2016, Brown University researchers found that residents in Music & Memory certified nursing homes "demonstrated greater 180-day improvement in behavioral symptom frequency and antipsychotic medication use than pair-matched controls" during the one-year study period.

Based on impressive results and the low cost and resource investment, the Front Porch Center for

Innovation and Wellbeing recommended the implementation of Music & Memory.

View more research:

musicandmemory.org/music-brain-resources

Training

Facilities not selected for the Texas HHS Music & Memory program can pursue certification themselves. To become a certified facility, your site must pay for the training and complete three live webinars that explain program set up and integration. Proprietary, for-profit facilities must supply at least 10 iPods to initiate training.

“Alive Inside: A story of Music and Memory”

Founder Dan Cohen’s remarkable journey in developing the Music and Memory program is captured in the compelling documentary “Alive Inside,” winner of the Audience Award at the 2014 Sundance Film Festival. Check out clips on YouTube, or watch the entire documentary on Netflix.

Registration and Cost

Visit musicandmemory.org and click on the blue Register tab. After you follow all four steps, click on the orange Start Registration tab.

Nursing homes can apply for CMP funds to implement a Music & Memory program. Facilities applying for CMP funds cannot be a recipient of a contract, grant or other payment from federal or state sources for the same project or use and cannot be paid by a state or federal source to perform the same function as the CMP project or use. Learn more: hhs.texas.gov/NF-CMP.

Non-profit sites that complete the training and have not received start-up support from government or other funding sources will receive a starter kit of 10 iPods (five new iPod Shuffles and five gently used iPods), 10 headphones, 10 AC adapters and one \$50 iTunes gift card. Kits are available for non-profits paying \$800 or more for training.



HOSA and other High School Student Volunteers

DADS/HHSC Quality Monitoring Program (QMP) has partnered with HOSA (formerly the Health Science Students of America) to recruit volunteers for Music & Memory. Student volunteerism is encouraged by HOSA, particularly in the health care field.



View the **Student Experience** at youtu.be/HnxJ-LM7d_0.

With the help of these student volunteers, QMP hopes to bring Music & Memory to every nursing facility in the state. HOSA and other high school students can volunteer to assist with fundraising, holding iPod drives and help with the technological aspects of the program. This fosters intergenerational relationships and connections that benefit all involved. For more information, email TXstudent@musicandmemory.org.

For more information



Info about MUSIC & MEMORYSM
musicandmemory.org

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hhs.texas.gov/music-memory